

Sheldon Volleyball

summer opportunities 2018/19

sheldonvolleyball@gmail.com

Martine Wodke - Head Coach

541-337-2023

Summer Point System

This year along with other local high schools, we will be implementing a point system to encourage us to train together to be prepared for our upcoming season. Points sheets are due the first team practice on August 16th. Returning players will need a minimum of 300 points and all incoming freshman and transfers will need a minimum of 120 points.

Open Gyms (10 points each OG)

This year we will be co-hosting open gyms with North Eugene High School. Sunday evenings will be at Sheldon High School from 7:00-9:00 pm and Wednesday evenings will be at North Eugene High School from 6:00-8:00 pm. Open gym dates below.

Sheldon 7:00-9:00 pm

May 20,
June 3, 17, 24
July 1, 8, 15, 29
August - none

North Eugene 6:00-8:00 pm

May - none
June 22 (fri), 29 (fri)
July 11, 18
August 1, 8

Summer Physical Training (5 points each session)

Monday and Friday workouts with George Walcott's from 8:30-10:00 am.

June 18, 22, 25, 29 July 2, 6, 9, 13, 16, 20, 30 August 2 (thurs), 6, 10

Wednesday ReNA workouts with Shelly Iverson. Time TBD

June 20, 27 July 4, 11, 18 August 1, 8

Cost \$50 for all sessions. Please bring payment and waiver to first session. Waiver can be found on the Sheldon Athletic website under volleyball.

High School Camp (100 points)

Attendance expected for all returning players and highly recommended for all incoming freshman.

August 2nd - 4th

Thursday 5:00-8:00 pm

Friday 8:00-11:30 am and 5:00-8:00 pm

Saturday 8:00-11:30 am and 5:00-8:00 pm

See Sheldon High School athletics website for registration form.

Please text/email Martine with any questions. All forms can be found on the Sheldonathletics.com under teams/clubs → volleyball.

Important Dates

Moratorium Week July 22-28
(Player/coach no contact week)

Fall Sports Registration is August 2nd. See sheldonathletics.com

Tryouts August 13-15
(attendance mandatory)
Daily Practices begin August 16

U of O Concessions fundraiser

June 30 - JV & V
Sept 1 - JV & V
Sept 8 - JV2
Sept 15 - Varsity
Sept 22 - JV

Youth Camp Fundraiser

Grades 6-8 June 25-27
9:30-11:30

Grades 3-5 June 27-29
10:00-12:00

Returning players will earn 40 points for coaching camps. Please email Martine.

Other ways to earn points.

Other high school open gyms/
sand volleyball (3 points)

Other Volleyball Camps (40 points)

Other sports or physical training (2 points)

